

Breaking the block 2

Practice organisation

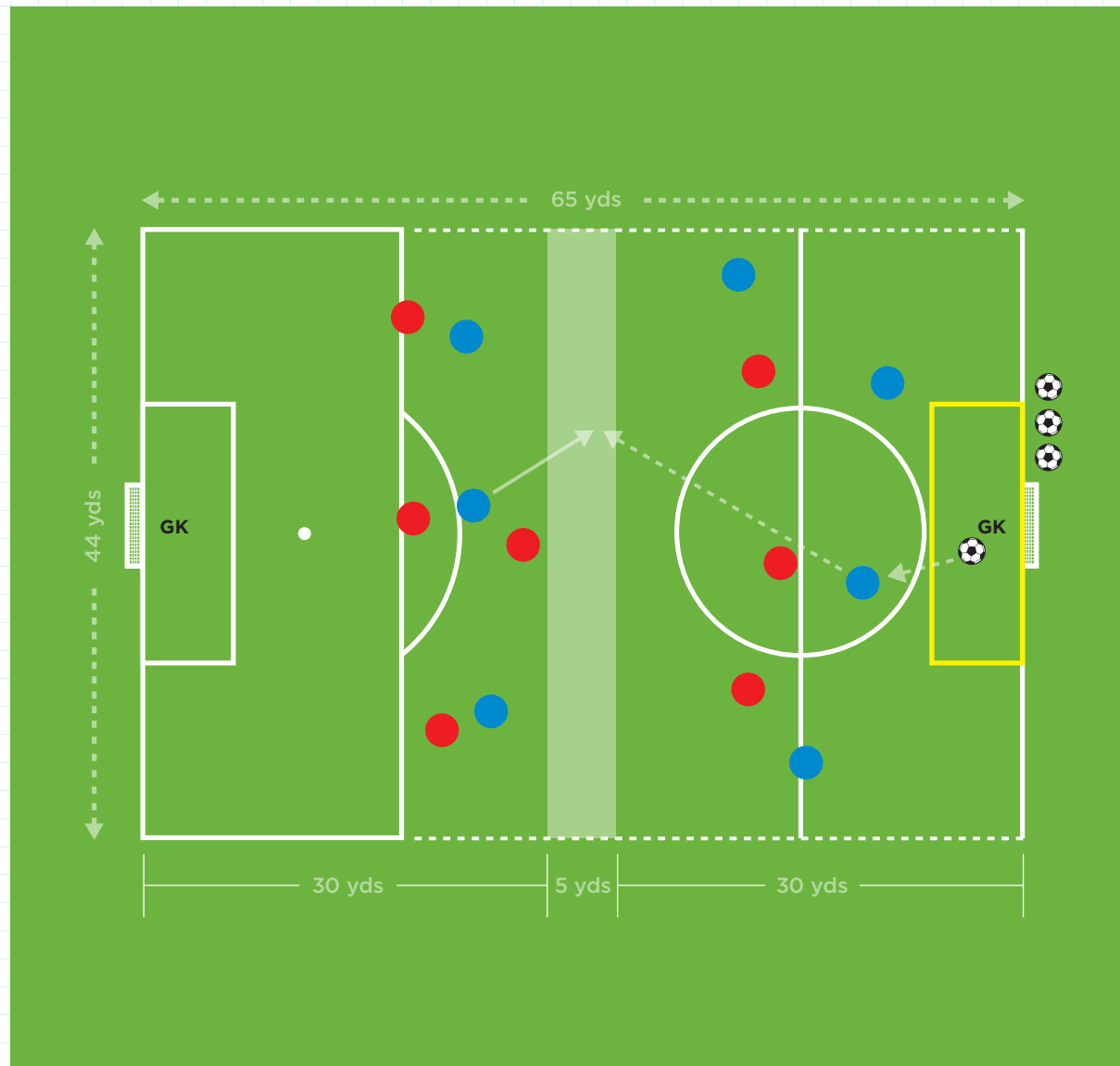
- Area 65x44yds coned-off width of penalty area, extending into opposite half on full-size pitch, with goals at each end, as illustrated.
- Main practice area divided into 2 zones 30x44yds, with a central 5yd pocket of space in middle, as a free zone.
- 16 players (incl. 2GK's) working as two teams of 8, 1 ball.
- Each team is arranged in 2 groups of 4v3 in favour of Defending team in each main zone.
- Practice starts with: GK rolls ball to D's who play-out from back, with opposing Attackers allowing possession.
- D's (unopposed) look to feed pass into an advanced supporting player, moving unopposed into free zone.
- Receiving player looks to turn & break defensive line with an incisive pass or run with the ball at the defenders.
- Off-side rule applies.
- Objective is to create goal-scoring opportunities in free play situations.
- Play resumes in opposite direction, from opposing GK.

Detail

- Area to relate to age & ability of players.
- Attention to receiving skills with open body shape.
- Control ball into desired space.
- Looking for disguised passes, with players electing to use ground or aerial passes.
- Clever movement aimed at unbalancing & moving D's out of good defensive positions.
- Quality accurate passes into A's.
- Simple progression for this practice is:
 - Remove free zone & allow open play.

Key coaching points

- Early identification of space available.
- Weight & accuracy of pass.
- Intelligent movement & turning.
- Looking forward & behind defence.



- Selecting whether to pass or run with ball to advance play.
- A's dragging opponents tight, to then run behind.
- Threaten behind to receive to feet & turn.

- Creating & exploiting 1v1 situations using skill & imagination.
- When to use quick play & one touch football.

Attacking when opponents are 'in balance'

Age group
17-21 years